

ABSTRACT

Titel:

Compensational exercise after close combat training

Aim:

The aim of this work is finding out contemporary situation of practicing and filling compensational exercise after close combat in Czech Republic Army.

Research complex:

Research complex is created by 15 respondents. They are instructors and leading instructors of close combat at the age from 20 to 45 years.

Used methods:

A theoretical part with descriptive-analytical and compilation method with using questionnaire.

Results:

The majority of respondents is not satisfied with contemporary situation of filling compensational exercise after close combat. More than half respondents does not have enough specialized literature. Respondents are not sufficiently educated in compensational exercise theme.

Keywords:

Compensational exercise, dysbalance, muscle, close combat.